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September/October 2020

Volume 13 Issue 5

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SEPTEMBER/OCTOBER 2020
London & Area Edition

Camp offers care to families in need

Contributions by YMCA

In mid-July, the Bostwick YMCA opened its doors to provide Summer Camp for families that required emergency care. Camp was run on a much smaller scale this year, but we were able to provide more than 140 campers with care at our YMCA branch – and over 1,000 campers across the association.

Although camp looked a little bit different, children were able to be active and socialize in a safe environment. Each week had themes, such as Ooey Gooey, Heroes, and Storybooks & Fairytales. Children were excited each Friday dressed in their costumes!

Built on the principles of YMCA Healthy Child Development and our 'Y values' (caring, honesty, respect, responsibility and inclusiveness), our experienced and well-educated staff ensure that your children receive the highest level of care.

The YMCA of Southwestern Ontario

The YMCA provides a place for families to enjoy a fun and healthy environment – where everyone is welcome. The YMCA prides itself on enriching the community through 'growth in spirit, mind, and body' for people of all backgrounds, beliefs, and abilities.

Busy families need a place designed just for them. At the YMCA, families receive all-in-one programming and schedules that suit the whole family.

The YMCA means welcoming, it means belonging, and it means opportunity!

www.ymcawo.ca

The Bostwick YMCA opened its doors in July to offer a safe Summer Camp for more than 140 campers, which included themed activities – and a lot of fun!

thelineup

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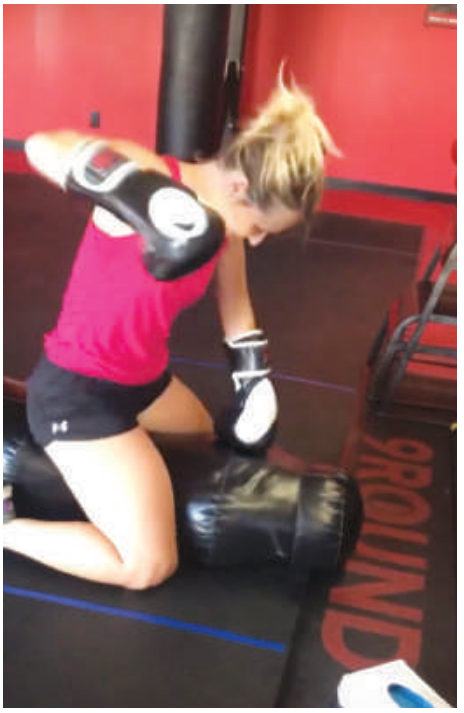
Keeping you protected

Submitted by 9Round London

We are excited to be open again. The great thing about 9Round London is that we are a small studio. During our re-opening, we are allowing five people per class plus the trainer. This allows us to keep more then six feet of distance between one another, and also allows us to clean the workout area before you get to it. You will see everything cleaned while you're working out.

We have zoned-off areas to stand in to help you keep space from each other.



Now, at 9Round, it is like you have a trainer to fix all your techniques – and to clean anything you need cleaned! We even have Lysol wipes on each round, too, if you want to clean it that little extra.

One of the best things about working out at 9Round is that there are around 160 members. Many gyms have 10,000 members – some have even more. At 9Round, you know that you're not exposing yourself to thousands of people and you can still get a great workout in.

If you're interested in trying a free workout, check us out at 9round.ca and go to book a free workout. We can't wait to see you all out here. Let's kick those COVID pounds!

About 9Round London

9Round London is proud of its commitment to its members' health and wellness, and to the education of its trainers. The diversity of our staff, with backgrounds in personal training, fat loss coaching, professional fighting, physiotherapy, and sports psychology, creates the ultimate blend of experience for members.

Working out at 9Round is always a unique experience. The 9Round circuit is focused on both losing weight and building lean muscle, using a blend of kickboxing techniques with high intensity interval training so that it's a killer workout every time. Members at 9Round have seen progress in their cardiovascular health, general mobility, flexibility and mental acuity!

www.9round.com

The 9Round London team is excited to return to work – and to help Londoners achieve their fitness goals – as they re-open the gym this fall after a lengthy layoff. It's time to get sweating!

SportsXpress Network

SEPTEMBER/OCTOBER 2020

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Running club promotes community, friendships

Contributions by Gavin Anderson

Their beer is well known in London. But there's an aspect of Anderson Craft Ales that many people are unaware of: they have a running club. That's right, the family-owned craft brewery, which opened back in 2016, has been operating a running club for almost as long – and more than 800 people have participated along the way.

The running club has been on hiatus for awhile due to distancing measures for COVID-19, but Anderson Craft Ales is looking forward to the days when the group can return to hit the pavement while enjoying each other's company – and maybe a beer or two at the brewery afterwards.

"I think the main appeal is the social side," says Gavin Anderson, who founded the family-owned craft brewing company with his father, Jim. "People can run their own pace and their own distance and meet up at the brewery when they're done for a beer or two. I know several groups of friends that have been formed by our run club."

When in operation, the club runs every Wednesday at 6:30 pm. There is no cost – or obligation – to participate, and the club is open to people of any skill level or ability. The idea is for people to come out, get a little exercise, and have some fun.

Chris Hendricks (left) became the first 'Centurion' in the Anderson Craft Ales running club, having completed 100 runs (in 100 weeks!). Ron Higgins (right) is one of the other nine Centurions in the group to date.

The main force behind the running club is Amanda, Gavin's wife, who began running shortly after the couple met and who now regularly participates in 5K races (and the occasional 10K). Amanda checks in all of the runners and leads the group.

"We encourage people to participate every week with some small milestones," says Anderson. "After participating six times, you receive a free running club t-shirt, after 24 times you receive a stainless steel water bottle, and after 100 times there is a small celebration and your name goes on a plaque in the brewery."

To date, nine runners have passed the 100-run marks, says Anderson, including Chris Hendricks, the first, who was managed to do it in 100 consecutive weeks!

Anderson says the group will be active whenever provincial and municipal health guidelines allow for it – and with safe measures in place to keep groups of runners maintaining appropriate physical distances. To date, more than 800 different people have participated in the group at least once.

"The atmosphere within the group is very friendly and welcoming," Anderson says. "One of our primary goals with our brewery is to promote community, and I think the run club has been a very successful way for people to meet each other and break down barriers."

For more info on the Anderson Draft Ales running club, you can contact the brewery through the website (andersoncraftales.ca) or through Facebook or Instagram (@andersoncraftales).

andersoncraftales.ca

A pre-run shot of the running group at Anderson Crat Ales brewery. All those in bright green shirts had already completed six runs to earn their free running group t-shirt.

CENTREFIELD SPORTS

Getting creative on the diamond

Submitted by Centrefield Sports

As the fall gets underway and COVID-19 protocols start to lift, Centrefield Sports is looking to keep all players in top shape with indoor lessons, leagues and clinics.

Due to the pandemic, every players' ball season was cut short this summer. However, Centrefield Sports was fortunate enough to have the option of using the Field of Dreams ballpark in Dorchester to continue offering training while abiding by social distancing guidelines. With protocols in place, small groups of 3-4 players of similar age and skill level were guided in their skill development by trainers Derek Bloomfield, Larry Balkwill, Shane Davis, Dalton Harvey and Matt Bowden.

Centrefield Sports has planned its fall season with restrictions in place to ensure all programs run smoothly and efficiently. Our fall clinics and leagues will be running as planned, starting in October, with all CFS staff taking precautionary measures to maintain a safe and fun environment. Our instructors will be socially distancing from players and adhering to mask rules as we start to move inside.

As the colder weather approaches, Centrefield Sports wants to make sure that we are able to continue all programming by putting the necessary protocols in place for the fall. Please continue to check our website and social media pages for any future updates!

www.centrefieldsports.com

Though the baseball season was a short one in 2020 due to COVID-19 restrictions, many young ballplayers still got the opportunity to continue their development with Centrefield Sports instructors – in a socially distanced fashion – at the beautiful Field of Dreams ballpark in Dorchester.

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Baseball will be back!

Submitted by London Mens Baseball League

The sun was shining, the flowers were in full bloom, and you could hear the sounds of grass being mowed on all the neighborhood lawns. They were the official signs of summer and, of course, summer makes us think of baseball.

With the 2020 LMBL baseball season being cancelled, the only way we've been able to get our baseball fix is either watching the shortened Major League Baseball season or maybe throwing the ball around with our children. But swinging the bat, catching the ball, and watching highlights on our phones has a lot of LMBL players excited for the 2021 season ...

If you, too, are looking forward to the 2021 season, you are not alone. The LMBL has already opened registration for next season. So, if the crack of the bat or the sound of the ball smacking the catcher's mitt gets you excited, why not consider playing some real baseball next summer? We anticipate several open roster spots to be available for new players for the 2021 season.

With the LMBL prospering, currently at 14 teams (up from 10 teams just a few years ago), we are looking forward to the future – and the potential for further expansion to meet increasing demand is never off the table!

The LMBL is a recreational, fun baseball league for players 30 years of age and older. Games are played on Sundays – or on holiday Mondays if it's a long weekend. We are very family friendly, giving you time to knock off that 'honey-do' list on Saturdays before heading to diamonds like Labatt Park or Dan Pulham Field for your game Sunday!

Stay safe and we look forward to seeing you on the field.

www.lmblbaseball.ca

The London Mens Baseball League (LMBL), which caters to players 30 years of age and up, is already looking forward to the 2021 season and returning to the diamond – including the historic Labatt Park.

BMO CENTRE

Upcoming leagues

Submitted by BMO Centre

Fall/Winter indoor soccer is just around the corner

It may still be warm outside but registration for the fall/winter indoor soccer programs at the BMO Centre is now underway. Registration can be done on line at **www.bmocentrelondon.com** and the fees are the same as last year. The BMO Centre offers a variety of programs – something for every age.

Indoor Leagues - Fall/Winter Schedule

October to April

Monday: Men's Division 3; Men's Division 4; Women's Division 2; Women's Division 4

Tuesday: Adult Co-ed – Divisions 1,2 and 3 - BMO Academy

Wednesday: Men's Division 2; Women's Division 3

Thursday: Women's Division 1; Women's Recreation 101; Women's Master's 30+; Men's Division 1

Friday: Men's Masters

Saturday: Women's Recreation 101;

Sunday: Men's Premier; Women's Premier; Women's Weekend Masters 40+

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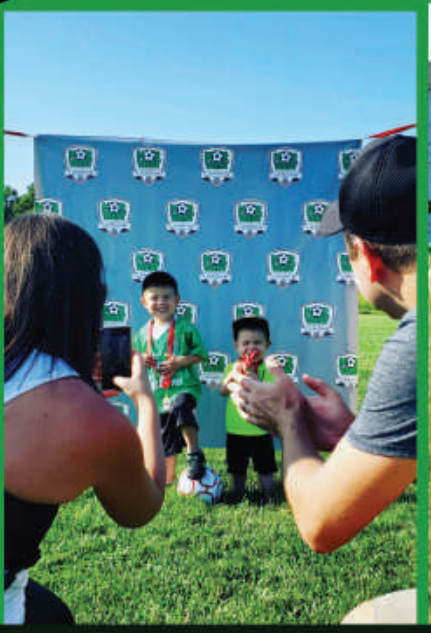

Indoor Registration Open Online:

- Back2Basks 2.0
- She's Got Goals
- P.L.A.Y. U3
- Courses

NORWESTSOCCER.COM

Family Karate

Pursuing virtual goals

Submitted by Family Karate Centres

Over the last several weeks, a select number of students from the Family Karate Competition Team have continued their training back in the dojo after months of practicing at home. However, with no competitions being set anytime soon, it may seem as if there is no goal to look forward to for the foreseeable future. However, many organizations have taken initiative and have planned virtual online tournaments for competitors across the world.

Ten-year-old Athena Papadatos submitted her final videos for the WKC Virtual World Championships that took place on September 4. Those World Championships were supposed to take place in person, of course, in Madrid, Spain from August 1-8, where Athena would have been looking to defend her title after winning gold in continuous sparring at the 2019 Worlds in Niagara Falls. But she remained determined, and with the virtual tournament focused heavily on forms, she worked hard to in trying to win her first world championship in kata.

Athena isn't the only member of Family Karate Centres with goals in mind. Many of our team members have returned to the dojo and have continued to practice their skills and train for other upcoming virtual tournaments to keep themselves motivated and see how they rank up against other competitors their age all around the world!

www.familykarate.ca

Athena Papadatos representing Team Canada and performing her kata at the 2019 WKC World Championships in Niagara Falls, NY.

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Karate in the Park

Submitted by Olympic Karate Academy

The COVID-19 pandemic has been a tough time for many businesses, and many have had to adapt to new and changing delivery methods. Olympic Karate has been doing online classes using Zoom – and has since adapted again.

In August, we moved our location to a different space to accommodate online classes as our current main media stream. Starting August 17, we also began classes outside in a public park, and we have been hosting some of our classes (weather permitting) at Victoria Park near the Holy Roller tank. We are still offering our Zoom classes (broadcasting from the park), as some students will not be able to attend in person. Classes are offered during the regular scheduled time, and there is no additional cost for these classes.

We are working out and practicing together while safely keeping our distance and having fun. Parking downtown is available by request. Please contact Master Steve for more details. Master Steve is leading the classes as well as hosting the Zoom classes.

We have chosen to go in this direction for the safety of our students and staff while still being able to see each other in person. Uniforms are optional and face masks are recommended. You can train in whatever you feel comfortable! Exercising outside is also great for getting fresh air and allows the instructor to help students more easily while keeping everyone safe.

www.olympickarate.on.ca

Olympic Karate began offering classes outdoors in August after a lengthy period of online-only instruction. Students unable to attend in person have been able to continue to access the classes by Zoom.

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Back to the gym – and back to fun!

Submitted by London Beje Gymnastics Club

By the second week of June, London Beje Gymnastics Club was able to re-open its doors after a few months away due to COVID-19. The Club's competitive program resumed, following strict rules and regulations as outlined by Gymnastics Ontario (and displayed on the Club's website) to ensure the health and safety of all gymnasts, coaches and parents.

Some of the changes? In June and July, the facility allowed a maximum of 30 people – and took care about safe entering and exiting of the building and the gym. Now, the gym allows 50 people plus coaches and staff. All coaches wear face masks or face shields, and a maximum of six athletes work with one coach (a rule already in place at the Club).

Gymnasts are screened every time they enter the gym. The morning program at the Club has allowed one parent to attend the smaller class sizes, which gives more room for the younger kids to move around.

Prior to re-opening, London Beje Gymnastics Club provided three online weekly sessions between March and May, which focused on stretching and technique to keep the young athletes active and learning.

Although there will be no competition season this year, due to COVID-19 (competition has been postponed until 2021), some National tumbling athletes, including Sidney Weiss and Jacob Burns, have been training since re-opening. Open gym may resume in January, depending on the COVID-19 circumstances and the government regulations at the time.

Visit the website (www.londonbejegymnastics.com) for registration for the fall season, and stay tuned for winter session details. Registration is capped, so keep tabs on the website!

About London Beje Gymnastics

London Beje Gymnastics offers recreational and competitive gymnastics programs for both boys and girls. Kids can start as early as 18 months of age and continue into their teenage years.

The Gymnastics club, which is run by Nick Bejenaru, a former Olympic gymnast, offers a family-oriented environment, where every member feels the love for the sport, and where kids can enjoy coming to practice without feeling pressure. The club's goal is to build confidence and self-esteem in youngsters who will then be able to transfer their knowledge, skills and experiences from the gym into their life later on.

londonbejegymnastics.com

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ABOUT FCGC

Forest City Gymnastics (FCGC London Inc.) is a 23,000 square foot facility that offers men's and women's gymnastics. We offer a wide range of programs starting from age 18 months up through adult for both boys and girls. Regardless of age or ability, there is a class for you! All classes are structured to promote physical activities that develop gross motor skills, spatial and body awareness, coordination, balance, strength, power, flexibility and creativity. Even adult classes have become a sold out commodity.

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COVID-19 PROTOCOLS:

Anyone feeling unwell are to STAY HOME

No parent or athlete is to enter the facility if they or any household member has had any onset of symptoms compatible with suspected or lab confirmed COVID-19 within a 14 day period or if any athlete or anyone in their household travelled out of the country they are to not attend the facility for 14 days.

Athletes are to arrive at FCGC with their suit under their clothes and their hair done. Athletes are not to come earlier than 10 minutes before their class time.

All participants and family must sanitize upon entry.

Masks to be worn based upon Middlesex London Health Unit guidelines.

We have sanitization stations setup throughout the gym and athletes sanitize between events.

We have separate entry and exits.

We request only one parent at a time in the building, no siblings unless situation deems necessary.

Staggered start times for groups and end times

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They're BACK – and full of cheer

Submitted by CheerStrike

CheerStrike Royals Inc. is back in business and thriving!

After closing throughout the forced shutdown of all non-essential businesses in Ontario, due to COVID-19, we were excited to open back up and get back to the business of cheer. We opened our doors in June and were unsure what cheer at CSR would look like for Season 8. But after running our team placements, we are thrilled to report that we are back stronger than ever!

We want to thank our Royal Family for trusting us with the health and safety of their children and for following all the COVID protocols that have allowed us to re-open. We've successfully run cheer and tumble summer day camps all summer long, and we started Season 8 team practices mid-July. For Season 8, we will be running the largest cheer program in London, with 19 competitive teams for athletes of all ages – we are offering three teams for kids ages 3-6, three teams for kids aged 7-8, six teams for kids aged 9-12, six teams for teens aged 13-17 and one team for teens aged 18-19.

Seeing the gym full again (with social distancing requirements being followed) makes us feel fortunate, and we are anticipating many accomplishments for the Royal Family this season. The future is unknown, and there are still many unanswered questions about what the season will look like, but for now we know that our teams are full, our athletes are progressing, new friendships are being made, and bonds between coaches and athletes are being formed. All these things are helping children recover from a time of isolation, and a lack of activity and social connections.

www.cheerstrikeroyals.com

After a lengthy hiatus from in-person activities, due to COVID-19, the CheerStrike Royals enthusiastically returned in June and carried out a successful – and safe – summer of cheer. Season 8 for the Royals will feature the largest cheer program in London!

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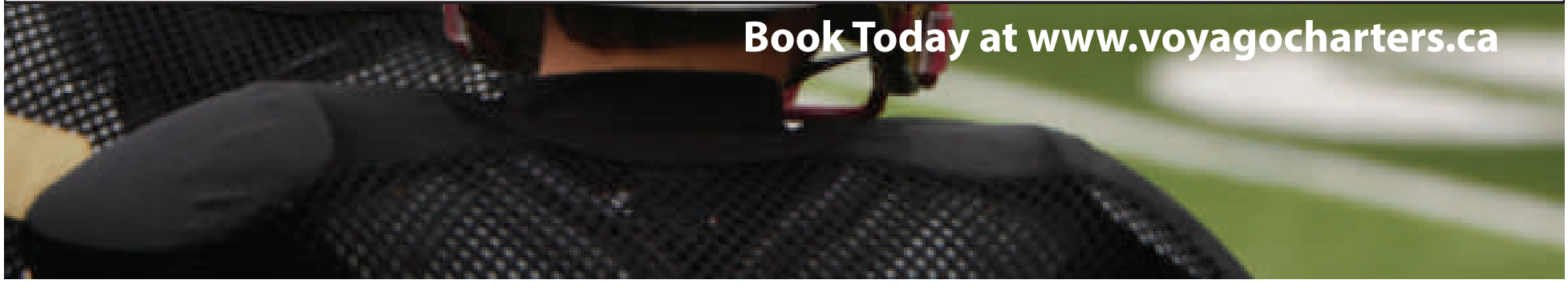

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Students back and dancing safe

By Richelle Hirlehey for Dance Extreme

It has been a long and winding road navigating our new normal at Dance Extreme. Behind the scenes, Artistic Director Rebecca Brettingham-Filice and her faculty are always thinking one step ahead in this ever-changing climate of COVID-19. As part of adopting a safe re-opening of Dance Extreme, Brettingham-Filice, along with a team of other dance studio owners in Ontario, developed a document, 'Ontario Dance and Performing Arts Schools Workplace Guidelines for COVID-19,' that was submitted to local MPPs around the province in support of re-opening dance studios and performing arts schools.

In Ontario, dance is not governed by an overarching organization such as Hockey Canada, so this document proved very important to the safe re-opening of many dance studios. As a result of this document, 'Dance Safe' protocols were developed to guide studio owners in ensuring the health and safety of their faculty and students upon returning to dance. The health and safety of Dance Extreme students, faculty, staff, parents and community members are of top priority.

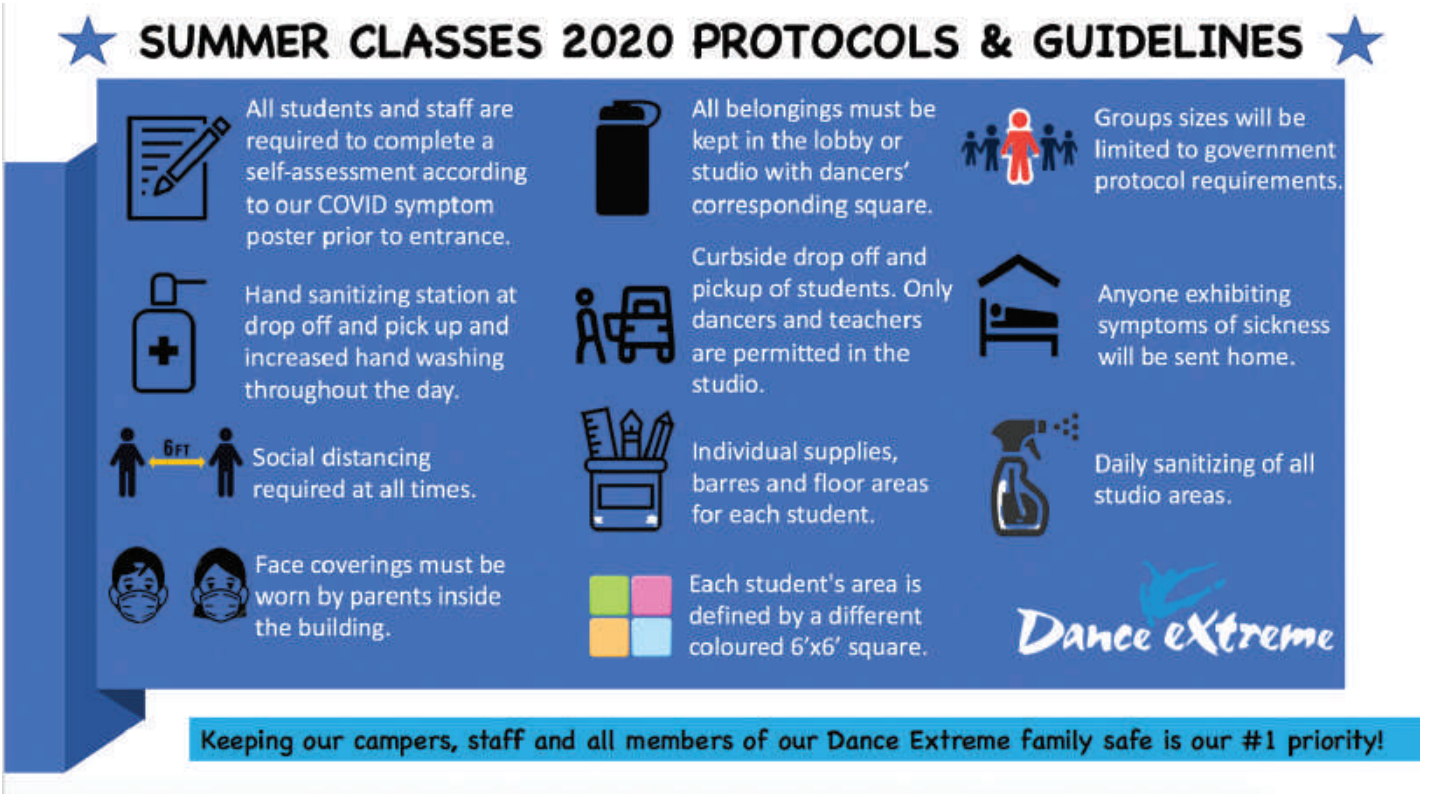
Here are some of the measures that Dance Extreme has taken:

- All staff and students are required to complete a self-assessment – according to the COVID-19 symptoms list
- Hand sanitizing stations are provided upon entry to the studio
- Social distancing is required throughout the studio
- Daily sanitizing of all highly touched surfaces
- Individual supplies (barre sections, props) for each student
- Curbside drop-off and pick-up of dancers
- Only teachers and dancers permitted in the studio
- Personal dance space colour-coded boxes of 6' x 6' in each studio
- Student belongings are kept in the studio in their colour corresponding square
- Group sizes limited to government requirements
- Face coverings worn in all common areas
- Promoting proper hand hygiene
- Staggered class times
- Small class sizes with a maximum of 10 students and one teacher OR 8 students and one teacher and one assistant per class
- Any individual feeling unwell is not be permitted into the building

Dance Extreme was thrilled to host summer evening classes and dance camps. Although things may look slightly different in the Fall, the studio looks forward to welcoming back all of our students for our 24th season! Stay safe and stay healthy!

To learn more about Dance Extreme's 'Dance Safe' protocols, visit: https://www.danceextreme.com/dance-extremes-covid-19-protocols

www.danceextreme.com


SUMMER CLASSES 2020 PROTOCOLS & GUIDELINES
All students and staff are required to complete a self-assessment according to our COVID symptom poster prior to entrance.
All belongings must be kept in the lobby or studio with dancers' corresponding square.
Groups sizes will be limited to government protocol requirements.
Hand sanitizing station at drop off and pick up and increased hand washing throughout the day.
Curbside drop off and pickup of students. Only dancers and teachers are permitted in the studio.
Anyone exhibiting symptoms of sickness will be sent home.
6FT
Social distancing required at all times.
Individual supplies, barres and floor areas for each student.
Daily sanitizing of all studio areas.
Face coverings must be worn by parents inside the building.
Each student's area is defined by a different coloured 6'x6' square.
Dance eXtreme
Keeping our campers, staff and all members of our Dance Extreme family safe is our #1 priority!

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Is your business ready for prime time?

Submitted by GOT GAME Marketing

Serial entrepreneurs Greg Matthison and Walter Browning are excited to announce the next evolution in their series of marketing businesses: GOT GAME Marketing.

"With our past businesses, we've experienced the confusion associated with digital marketing, and we've dealt with experts who ended up making it more frustrating at times," said Matthison. "But we still had hope, and we knew there was a massive opportunity to grow our businesses in the digital world. So, we persevered and assembled an all-star team of our own to create a digital marketing agency that includes industry experts who not only understand the power of digital marketing, but who understand the process and can effectively communicate with business owners and marketing directors."

A Straightforward Approach

In the world of digital marketing, the game is always changing. Not keeping up with the latest trends means you are missing out on growing your business. Our team's combined 30 years of marketing and business management expertise means that we understand the challenges faced by many business owners. Partnering with us will give you peace of mind knowing that your business is winning the game.

Flag football a successful audible

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Submitted by London Minor Football Association

It's been a challenging year – in so many ways, for so many people. We have worked hard behind the scenes this year to get our football family back on the field at Citywide Park on Sundays. By following the regulations set out by the provincial government and Football Canada, we created a new flag football experience to help players get back to some sense of normalcy.

In August, teams across the London and St. Thomas area took the field for a two-week skills camp focused on fundamental football skills and getting players back into conditioning. Teams then formed for 5-on-5 flag football games so that players could have fun while following the regulations necessary during the COVID-19 outbreak.

This new format, while not ideal, allows players to socialize with other players in their area and compete and have fun outdoors. Having only 10 players on the field allows lots of space for everyone and makes sure that every player gets a chance to carry the ball or catch a pass.

Information on our Under 10, Under 12 and Under 14 age divisions can be found on our website. We will also post details for any winter skills camps that are allowed in 2021. Please visit www.lmfafootball.ca or call 519-852-4465 for more information.

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Let's talk posture

By Gwen MacLean for Living Balance Clinic

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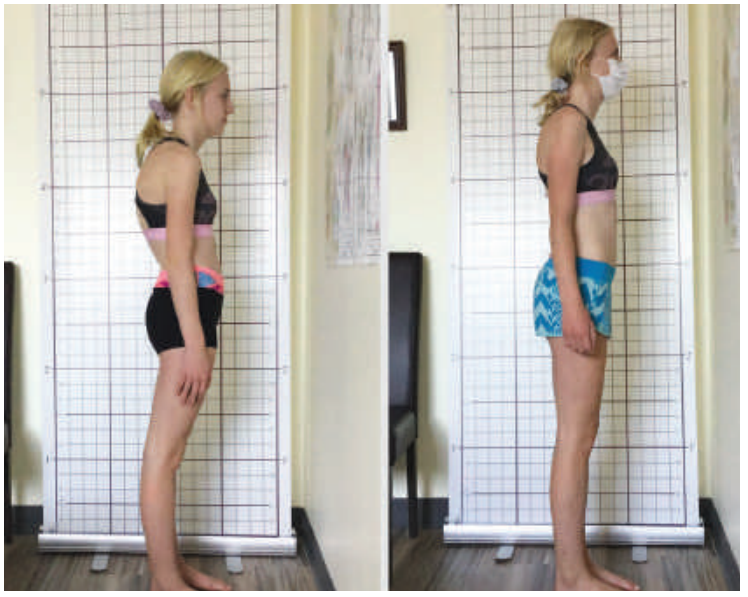
We have been taught many ways to have 'good' posture: engage the core, shoulders back, push the chest out, pull the chin in and more. What if I told you that posture is not how you hold your body in a static position but how you carry it while moving ...

Our bodies need to be soft and pliable as we move in order to have the energy that comes from our impact on the ground move through our bodies. This can't happen as it should if we are working to have a certain posture.

We orient our bodies by the support we get from the ground and the awareness of the space surrounding our body. Your balance over your feet is just as important as the typical good posture areas of shoulders, chest, core and neck. If our support from the ground is not strong, we end up bracing ourselves to stay grounded. This bracing leads to decreased space between our joints, poor movement patterns and unhealthy or ineffective posture.



After going through the Structural Integration protocol at Living Balance Clinic, this client's posture showed positive changes, including straighter legs, centred shoulders, and a softly arched low back. Her height, as seen in the photo, went from 5-foot-5 to about 5-foot-10.

You can't train your muscles to have good posture if the surrounding tissue is bracing to keep you grounded. There will be a constant tug of war, and your inner tissues will keep you returning to the bracing pattern. It is possible to unlearn these poor postural habits. Our body is plastic and mouldable, and we can unlearn and relearn how to get proper support from the ground so we can stop bracing. We are not stuck in our current state!

An example of this is the client shown in the accompanying photo. She went through the 10-session Structural Integration protocol and one follow-up session. As you can see in the left 'before' photo, before any treatment she had rounding of her upper back (kyphosis) and a deeply arched low back (lordosis), hyperextended knees, her abdomen protruded, and her shoulders were rounded forward. Her height was about 5-foot-5 on the grid. After the 11 sessions, her tissues reduced the bracing patterns and opened up – you can see she has a normal curve to her upper back, straight legs, her shoulders are now centered, and her low back is softly arched. Her height now shows about 5-foot-10.

If you are interested in discussing how Structural Integration may help you, I offer free consults – in person or online. In the consult, I will have you share a full health history of your body, injuries, postural concerns, restrictions in your sport and discuss your goals. From there, you can decide if Structural Integration is a good choice for you.

www.livingbalanceclinic.ca

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Concussion myths

PRO FUNCTION sports injury clinic

Submitted by Pro Function Sports Injury Clinic

Concussions can take time to heal, and the process can be made more difficult by the many myths that surround the topic. Knowledge is power, and Pro Function helps those who've suffered concussions get back to their healthy selves.

There are several **myths** surrounding concussions, including the following ...

MYTH A concussion is a bruising of the brain.

It is now believed that stretching of the brain cells is the primary mechanism that causes a concussion. Each cell contains a long pathway, called an axon, that extends out and allows one brain cell to connect to another. Think of it as a long arm reaching out to grab another cell. When the axons undergo enough stretching, a concussion occurs. The brain may still experience bruising (cerebral contusion), however this is no longer the dominant theory behind what leads to a concussion.

MYTH You should not exercise with a concussion.

Exercise is a key therapy for improving both concussion and post-concussion syndrome. When choosing a routine, it is important to start with the appropriate exercises and follow a gradual routine. Beginning with 'jumping jacks' would not be ideal. This would bounce your brain within your skull, which would likely make you feel worse. Starting with stationary biking or treadmill walking would be more appropriate than trying to run, jog, or jump. Monitoring your heart rate is a vital component in both concussion and post-concussion syndrome rehabilitation. Appropriate rehab programs control how high your heart rate goes to avoid the onset of unwanted symptoms. Your exercise intensity can increase as you become better at handling rises in heart rate.

MYTH You have recovered once concussion symptoms have gone away.

This is wrong. Symptom recovery does not match physiological recovery. In other words, just because symptoms have disappeared, it does not mean that you have recovered from your concussion. On average, symptoms resolve by 10 to 14 days, while recovering from a concussion can last anywhere from 22 to 45 days.

MYTH 'I can return to sport once my symptoms have gone away'

Concussion management has grown over recent years. The recovery process differs greatly from when parents and coaches took part in sport. Gone are the days of sitting out for one play before returning to action. There are specific guidelines that must be followed before returning to sport. The Buffalo Concussion Treadmill Test and Blackhawks Physical Exertion Test are advancements in concussion management that allow for objective testing to determine when an athlete can return to practices and games.

MYTH 'I have had symptoms for years, I cannot recover'

While it is more difficult to recover from a concussion the longer you have had symptoms, it is not impossible. This is especially true if you have not undergone treatment. Many avenues can be explored. Persistent symptoms are often improved with proper care and management. The first step is finding the right health care professional with the right training that understands your needs.

It can be challenging to maintain a positive outlook after suffering a concussion. A major factor in your recovery is the desire to want to improve. If you are interested in having your concussion assessed and treated, visit www.profunction.ca to book an appointment with our concussion management practitioners.

www.profunction.ca

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Where the story began...

Submitted by EnviroNize

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With the concerning news of the Coronavirus spreading around the globe, as well as other viruses and bacteria still making the headlines, the need to be **PROACTIVE in the PREVENTION of PATHOGENS** has never been greater! With the intentions of selling this non-toxic, antimicrobial and antibacterial solution in Canada.

EnviroNize® sought the required Health Canada registrations. **EnviroNize®** has achieved its goal of receiving **Health Canada DIN Registered acceptance**.

Members of the EnviroNize team (left to right): Leo Cuarteros, Operations Manager; Phil Pecoskie, President; Denis Haxha and Rob Horst, Business Development

Today, many more additional registrations have been achieved and others are pending, as **EnviroNize®** makes its debut across many market verticals.

With a high level acceptance as a Disinfectant and Powerful Sanitizer for Electrolyzed Water from the FDA, EPA and Health Canada, **EnviroNize®** has captured the attention of those who are seeking to rid their facilities of chemical based disinfectants and sanitizers for one that offers a much more sustainable environmental approach and a greener solution that WORKS!

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Its antimicrobial saline properties has made it a phenomenal wound cleansing agent, not to mention its deep cleaning and degreasing features has enabled it to make its way as a cleaning additive in laundry without the use of phosphate detergents — you name it. **EnviroNize®** is real, and it's starting to replace the toxic chemicals Canadians use every day at home and on the job. "It seems like every discipline in facility management is going green these days, and for good reason"; "Green solutions and practices deliver occupational and environmental safety benefits while at the same time often creating operational efficiencies."

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Brochu keeps proving people wrong

By Kyle Watson

A tough loss last December proved to be a turning point for Brett Brochu. The Knights keeper had allowed six goals (on 24 shots) in two periods against the Kitchener Rangers before being benched for the final frame. Following the loss, the coaching staff made a decision that was a first on the year: play the 17-year-old goaltender in a back-to-back following a defeat. They wanted to see how he would fare given what unfolded the previous night.

Brett Brochu, who enjoyed a phenomenal season in net for the London Knights in 2019-2020, rose from a bench player to undisputed starter to one of the OHL's leading netminders.

Brochu responded – and the game was a turning point for the youngster, who emerged as one of the better keepers in the league.

Playing against the Sting in Sarnia, Brochu stopped 27 of 30 shots and, although the Sting forced overtime in the dying seconds, the 17-year-old earned the win after Billy Moskal won the game for the Knights with an overtime winner.

The victory proved to be a watershed moment for both Brochu and the team, who would go on a 10-game winning streak between January 12 to February 7.

"That was one of the big turning points for [Brochu]," goaltending coach Daren Machesney said of the contest. "He bounced back, and to me, he was our number one guy from that point on."

Not often do you point to a loss as a turning point in a player's season, but for a rookie goaltender learning to keep level-headed throughout a 68-game season, figuring out how to bounce back after a tough loss can be momentous.

But Brett Brochu is no stranger to adversity. He's been defying expectations his whole career.

Standing at just five-foot-six, he was deemed too small by many OHL scouts. It was almost by chance that the Knights'

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scouting team stumbled upon the undersized goaltender, who was stealing games that his team had no business winning.

"We would come to games to look at other goalie prospects that were highly touted, and Brett wasn't talked about," Machesney says. "He would beat all of them. You can't pass on a kid like that."

The organization ended up taking Brochu in the sixth round of the 2018 Priority Selection – the eleventh goaltender taken in the draft. But then came the next hurdle: he had nowhere to play. With the Knights' crease occupied by the returning duo of Joseph Raaymakers and Jordan Kooy, Brochu had to look elsewhere for work.

After being cut from multiple Junior B teams, an offer eventually came from Jason Badder, general manager of the Dresden Jr. C Kings. They were in dire need of a goaltender. Badder promised Brochu the ice time that a 16-year-old goaltender needs to develop.

"I was told I would get 20 games," recalls Brochu, who accepted the offer.

In fact, he went on to win 27 games in 38 starts and was named the league's Rookie of the Year.

"He was good enough to start in Junior B and would've carried any team," Badder told Ryan Pyette of the London Free Press. "I've never met a kid more determined."

Brochu's showings in Dresden did not go unnoticed in London. He signed with the team in July – although he had no guarantee of ice time. Jordan Kooy was returning for his fourth season, and the Knights had recently acquired Matt Onuska from Kingston.

If the 17-year-old wanted to play, he knew he'd have to earn it.

"I was told there were going to be three goalies, and it was going to be a battle for the backup role," said Brochu.

But by the time December came around, Brochu was no longer battling for the backup spot – he was being tested out as the starter, and for a London team that had worked its way into the CHL's Top 10 Rankings.

Anyone who hadn't heard the name Brett Brochu before the beginning of 2020 became aware of the goalie while he gave 15-year-old sensation Shane Wright a run for his money for the OHL Rookie of the Year award.

Before the 2019-2020 season came to a halt prematurely, due to COVID-19, Brochu had won 19 of his 20 starts in 2020 and had become the first 17-year-old goaltender in OHL history to win 32 games in a season. In May, he was named to the league's all-rookie team.

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